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**Traditional Greek dance learning and emotions of addicted mothers – women, during in the closed part of the psychological rehabilitation 18 PLUS.**

## **ABSTRACT**

The aim of this research was to study the influence of Greek traditional dance on the emotion of addicted mothers – women, during their stay in the closed part of the psychological rehabilitation of 18 PLUS. The dry Therapeutical Program of closed accommodation 18 PLUS for dependent mothers with their children is a multi-focal suggestion of treatment. Survey participants were mothers or pregnant women aged 19-46 years. The total duration of the study was 9 months. The semi-structured interview was used to evaluate the effectiveness of the intervention. The transcribed data collected from the interviews, were analysed using the content analysis. According to the results, the traditional Greek dance learning seemed to cultivate positive emotions, contributing positively to the participants' emotional health. Specifically, participants reported that significantly improved their mood, felt joy, satisfaction, excitement. They claimed that traditional Greek dance learning was for them a discharge tool and relief of emotional tension and negative emotions. They identified the influence of their positive emotional state in the relation with their child. They pointed out that the whole process was for them a cheerful way to escape from the everyday difficulties. Achieving their goals and improving their dance performance, strengthened as they said, their self-esteem and self-confidence. According to the findings of this survey, it seems that the Greek traditional dance might be a complementary therapeutical method for dependent mothers, by promoting emotional expression, social interaction, behavior change and reinforcing the optimistic attitude to life.

**Key words:** *Psychotropic substances, dependent mother, detoxication, 18 plus, emotion*

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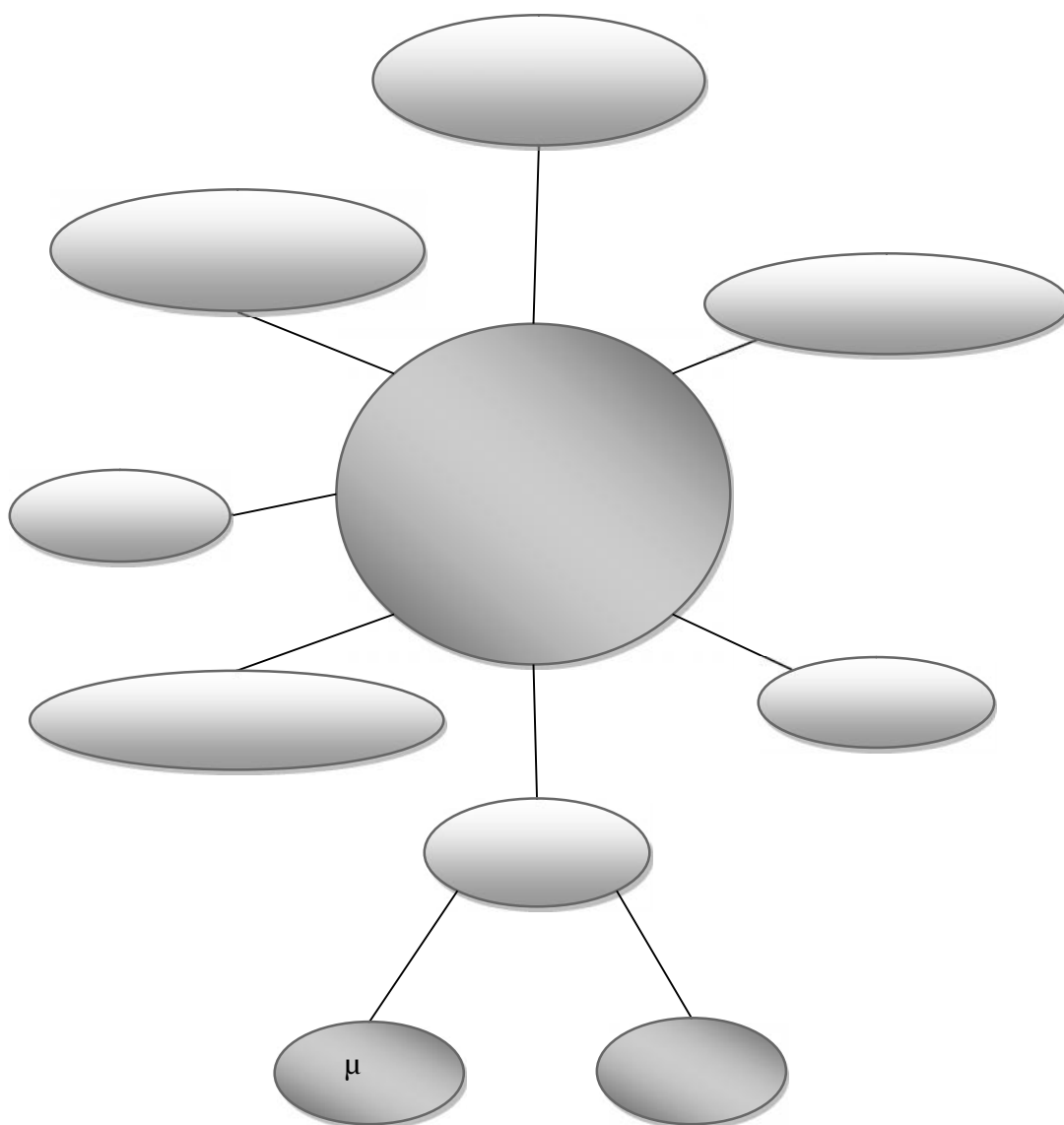
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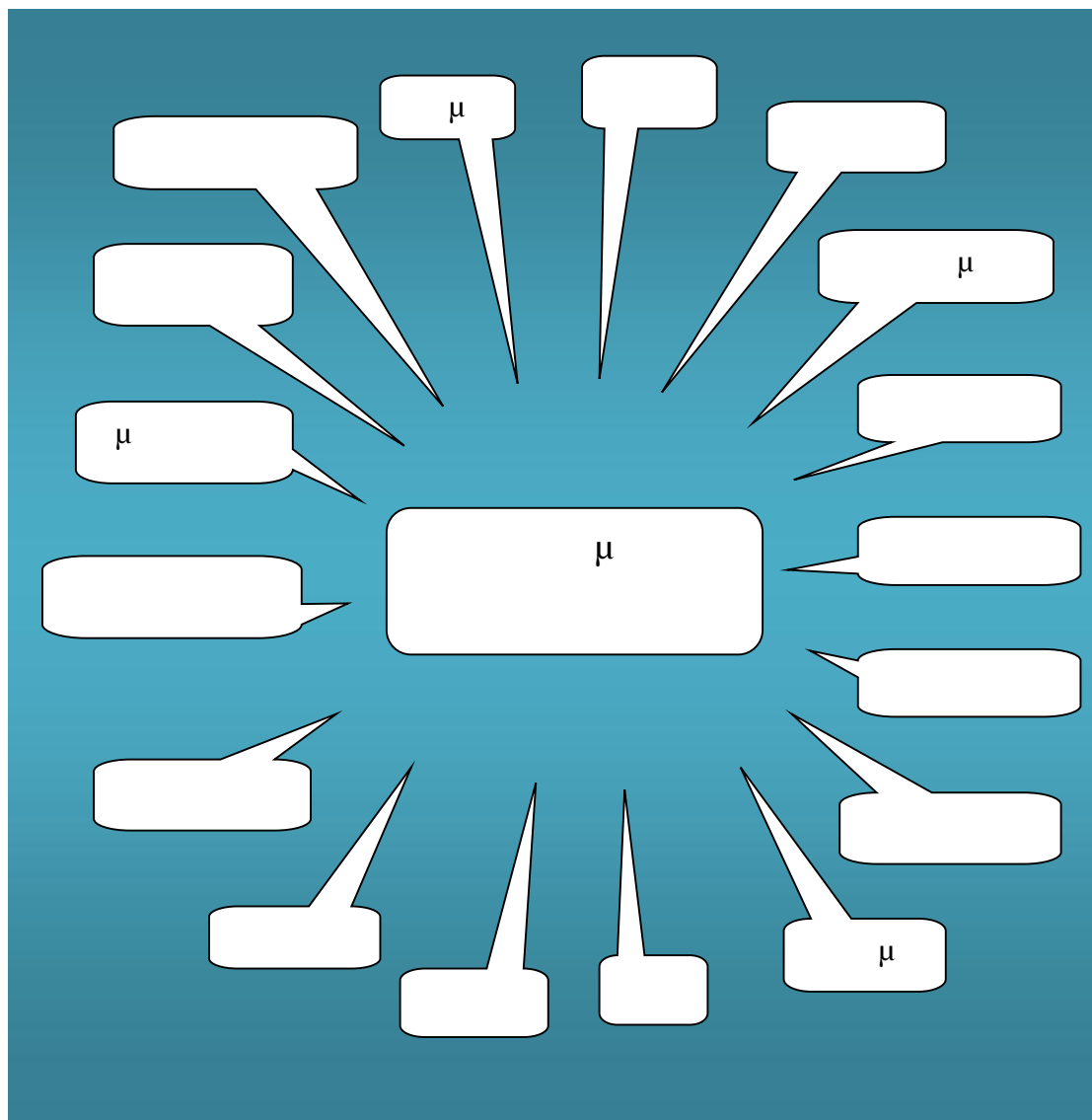
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## ΠΑΡΑΡΤΗΜΑ 3

### Έγκριση από την επιτροπή βιοηθικής



Τρίκαλα: 1/3/2017  
Αριθμ. Πρωτ.: 1179

Έγκριση της πρότασης για διεξαγωγή Έρευνας με τίτλο: «Εκμάθηση ελληνικού παραδοσιακού χορού και συναισθήματα εξαρτημένων μητέρων - γυναικών στο κλειστό τμήμα ψυχολογικής απεξάρτησης, του 18 ΑΝΩ».

Επιστημονικώς υπεύθυνη / επιβλέπουσα: Βασιλική Ζήση  
Ιδιότητα: Αναπληρώτρια Καθηγήτρια  
Ίδρυμα: Πανεπιστήμιο Θεσσαλίας  
Τμήμα: Επιστήμης Φυσικής Αγωγής και Αθλητισμού

Κύρια ερευνήτρια / φοιτήτρια: Θεοδώρα Παπαδοπούλου  
Πρόγραμμα Σπουδών: ΠΜΣ «Ψυχολογία της άσκησης»  
Ίδρυμα: Πανεπιστήμιο Θεσσαλίας  
Τμήμα: Επιστήμης Φυσικής Αγωγής και Αθλητισμού

**Η προτεινόμενη έρευνα θα είναι**

Ερευνητικό πρόγραμμα ☐ Μεταπτυχιακή διατριβή ☒ Διπλωματική εργασία ☐ Ανεξάρτητη έρευνα ☐

Τηλ. επικοινωνίας: 697 366 2230 / 694 438 1936

Email επικοινωνίας: [papadopoulos\\_dora@yahoo.gr](mailto:papadopoulos_dora@yahoo.gr) / [vzisi@pe.uth.gr](mailto:vzisi@pe.uth.gr)

Η Εσωτερική Επιτροπή Δεοντολογίας του Τ.Ε.Φ.Α.Α., Πανεπιστημίου Θεσσαλίας μετά την υπ. Αριθμ. 2-2/1-3-2017 συνεδρίασή της εγκρίνει τη διεξαγωγή της προτεινόμενης έρευνας.

Ο Πρόεδρος της  
Εσωτερικής Επιτροπής  
Δεοντολογίας – ΤΕΦΑΑ

Τσιόκανος Αθανάσιος  
Αναπληρωτής Καθηγητής



## ΠΑΡΑΡΤΗΜΑ 4

### Φωτογραφικό υλικό



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